## Anxiety: Continuum of Supports

	All Students	<ul> <li>Anxiety is a natural emotion that all people experience</li> <li>Instruction supports positive social-emotional learning</li> <li>Focus on understanding and managing emotions</li> <li>Developing a growth mindset -Using anxiety to improve performnance</li> </ul>
	Students with Some Anxiety Issues	<ul> <li>Identifying and processing emotions is more difficult</li> <li>Students may have anxiety issues that flare up from time to time</li> <li>Anxiety may be temporary or circumstantial</li> </ul>
	Students with Anxiety Diagnosis	<ul> <li>Medical diagnosis of Anxiety (Generalized Anxiety Disorder, Separation Anxiety, Social Phobia, Selective Mutism, Phobia)</li> <li>May or may not treat with medication</li> <li>May need periodic access to social-emotional tools and supports at school</li> <li>Doctor may recommend additional school supports</li> </ul>
	504: Students with Anxiety that Substanially Limits a Major Life Activity	<ul> <li>School evaluates to determine if student has a mental impairment that substantially limits a major life activity</li> <li>School-based data to reflect student's performance in school</li> <li>Student needs accommodations such as access to specific tools and classroom adaptations to reduce anxiety (beyond universal tools)</li> </ul>
	IEP: Students with Anxiety that require Specially Designed Instruction (SDI)	<ul> <li>School evaluates to determine if student meets criteria for Emotional Disturbance SPED eligibility</li> <li>Evaluation includes multiple assessments over time to determine if accommodations or universal tools may meet needs without IEP</li> <li>Need for SDI: Team develops an IEP, focusing on skills for social- emotional management, self-advocacy, and impacted academics</li> </ul>